

Fudgey Dark Chocolate Black Bean Brownies no-flour!

I found this recipe on the site Unconventional Kitchen, by creator Desirée. She has informative videos about healthy foods; such as whole grains, greens and creating a green smoothie, and is in the process of writing a healthy cookbook. She is gluten-intolerant so expect to find most recipes to be gluten-free. These brownies have been child-approved by her munchkin!

"Black beans??? You might be thinking 'in a burrito yes, but they have no business in my brownie'; but give these babies a try because black beans actually make a really fudgey yummy brownie! Mmmmmmmmm."
- Desirée @ www.unconventionalkitchen.com

Ingredients

3 eggs

½ cup cocoa powder

½ cup walnuts

1 Tbsp vanilla

½ tsp baking soda

3 Tbsp coconut oil; raw oil will have a coconut taste, while refined will have a neutral taste.

1 cup agave nectar

2 cup black beans (rinsed, if canned)

½ cup chocolate chips / dark chocolate chunks (Desirée uses half dark chocolate chips and half dark chocolate chunks)

¼ tsp Celtic sea salt

¼ tsp maple syrup extract (optional, but gives it a nice flavour)

Procedure

Line a 11x13 baking pan with parchment paper. Preheat the oven to 325°.

Put all of the ingredients, except the chocolate chips and a ¼ cup of the walnuts, in a food processor and blend well; you don't want chunks of black beans in your brownies!

Pour the mixture in the lined pan, and then sprinkle the chocolate and walnuts on top.

Bake at 325° until the middle has set, about 30-45 minutes. Let cool COMPLETELY before cutting.

Unlike most brownies these taste best refrigerated, so keep them in the fridge and serve cold.

Notes from Shelby:

If you cannot eat eggs, try the [flaxseed egg replacement](#) recipe.

If you like a chocolate peanut butter combination, try replacing the walnuts with raw peanuts!

In place of parchment paper, I used ~1tsp coconut oil to grease the pan.

I did not use the maple syrup extract.

To make this recipe vegan, replace the eggs with flaxseed egg replacement and use dairy-free chocolate chips.

Bon appétit!